

**THE GREEN EDGE:  
ADVENTURES ON THE NORTH COAST**  
with Paul McHugh  
Monday, June 6, 2011, 7:00 p.m.

Admission  
is \$5



After writing for twenty years on outdoor topics for the San Francisco Chronicle, Paul McHugh launched a forty-day odyssey, traveling by sea kayak from the Oregon border to San Francisco Bay. His Monday, June 6 talk entitled "The Green Edge - Adventures on the North Coast" begins at 7:00 p.m. It recounts that trip and will be illustrated with a slide show of the voyage.

Many who drive north on Highway 1 see little of the coast between Fort Bragg and Eureka, including the area around Cape Mendocino called the 'Lost Coast' because it is so remote. He will graphically relate the difficulties of rounding this and other promontories that feature treacherous currents, huge waves and hidden rocks. The trip took him past majestic cliffs and heavily forested bluffs with few safe harbors until the day he finally entered San Francisco Bay.

This account of his 400-mile journey will show the hidden coves, undiscovered charms and dangers of this pristine area from a sea-level perspective. It also includes visits to historic communities like Bodega Bay and harkens back to the nineteenth century when travelers routinely traveled to Point Arena and even Crescent City by boat along the wild coast.

**HOW AND WHY WE AGE**  
with Leonard Hayflick  
Monday, June 20, 2011, 7:00 p.m.

Admission  
is \$5



Almost fifty years ago, in 1962, Leonard Hayflick discovered that cultured normal human and animal cells are not immortal. They have a limited capacity to divide. Now known as "The Hayflick Limit," this concept overturned a belief that had existed unchallenged since the early twentieth century and it focused attention on the cells interior as the fundamental location of age changes.

Learning more about the way cells age is important because old cells make us vulnerable to age related diseases. Hayflick discovered that normal cells have a counting mechanism that is tied to DNA replication. He also found that, unlike normal cells, cancer cells are immortal.

Hundreds of researchers have built upon Hayflick's discoveries. After years of research, Hayflick found the molecular mechanism controlling the number of cell replications is in the cell nucleus. Later, the 2009 Nobel Prize in Medicine was awarded to researchers who discovered the molecular mechanism that explains Hayflick's findings. Hayflick believes that the mystery of what causes aging has been solved and, as this becomes better understood, so will the cause of age-related illnesses.

Those who listen to this scientific detective story will not discover the secret to eternal youth, but they will learn about the changes that explain how they age. They will also hear a fascinating story about Hayflick's quest for knowledge.